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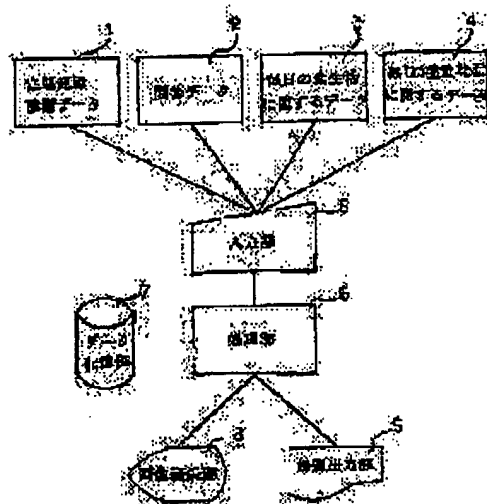
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(54) HEALTH GUIDANCE SYSTEM

(57)Abstract:

PURPOSE: To present the target for an improvement in the living of a person whose health is to be promoted from an overall viewpoint, to guide the person to a normal health condition which is the target and to help him continuously maintaining the normal health condition.

CONSTITUTION: Data 1 on periodic health diagnoses, data 2 on questionnaire, data 3 on the daily dietary life in daily life and data 4 on daily exercise living are inputted to this system. The system in turn calculates the target values for improving the living habits and determines the intake calorie of meals, the intake quantity of nutrient elements and consumption calorie of various kinds of exercise. The system edits the data on the living condition of one day, further forms an optimum menu for improving the living habits in dietary life and exercise life and outputs the change in the daily living condition and the change in the target values for the improvement in the living habits as images or slips in accordance with the menu for improving the living habits and the data on the living condition.



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